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Mansell beats the world

Martin Mansell, 25, is King of the Pool. He won the 100m freestyle race in the 6th World CP Championships last month with a time of 1 minute 10.10 seconds. This makes him the fastest cp swimmer in the world.

He also carried off 5 gold medals and 2 world records – in the Class 5 butterfly and 4 x 50m medley.

Mansell was one of 36 athletes from England and Wales who took part in the 10-day cp sports championship at Gits in Belgium. Together they broke 21 world records and brought back 37 gold, 20 silver and 11 bronze medals.

Only Canada pipped them with 70 medals, and the story would have been different if medals rather than certificates had been awarded in races where there were 3 people or less.

"If our certificates were included in the medal table we would have had 14 extra golds, 12 extra silvers and 3 extra bronzes," says Howard Bailey, leisure services officer at The Spastics Society. "It was a magnificent achievement."

Nineteen countries fielding over 30 athletes were repre-



Martin Mansell

sented at the opening ceremony. But the USA stayed away. "They decided not to travel because of the threat of terrorism," says Howard Bailey. "But it was very encouraging to see a country like Greece entering a team for the first time and Algeria and Kuwait sending observers."

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Disabled people are not given an equal chance for jobs, research proves

New research by The Spastics Society shows that employers do discriminate against disabled people. It will help to fuel the argument for anti-discrimination legislation.

Using a method adopted by researchers into racial discrimination, Eileen Fry, the Society's equal opportunities research officer, sent out two types of letter applying for secretarial jobs in the London area. Between January and June this year 152 jobs were applied for.

Both letters offered similar qualifications and experience; the only difference was that one purported to come from a disabled person. It was emphasised that the disability had not restricted the candidate's working life.

In case one letter was a better application than the other, half the applications from the disabled person were based on letter A and half on letter B. The applications were posted on the same day and the candidates addresses on the letters were in similar areas.

Discrimination was measured by the employer's response to the applications.

If the candidate was invited for an interview, asked to phone or sent an application form, that counted as a positive response.

If she was rejected, received no reply or had her name kept on file, that counted as a negative response.

If both applications received negative responses, they were regarded as an invalid test: the employer had not been given the chance to discriminate. From 152 jobs, 93 valid tests were obtained.

Out of the valid tests, 90 able-bodied people (97 per cent) received positive responses, while only 55 (59 per cent) of disabled people did so.

"Our findings in this report are very disturbing," said Eileen Fry. "Disabled people in our tests experienced very considerable discrimination. They are not given an equal chance."

"If employers are discriminating at the application stage," she added, "it seems likely that they are also discriminating subsequently."

Among the negative responses received from employers were 2 which said the disabled person's qualifications and experience were not what was required, while the able-bodied applicants were interviewed.

"We hope the findings of this research are treated very seriously," said John Cox, The Spastics Society's director. "We are committed to campaigning for anti-discrimination legislation."

An Equal Chance for Disabled People? is available from the Campaigns Dept, £1.50 (staff and affiliated groups free).

ICA: claim soon

The Government is not only extending Invalid Care Allowance to married women, but making backpayments, too.

Married women under 60 who at any time since December 1984 have been caring for someone receiving attendance allowance can claim backpayment. But you must claim before the end of December this year.

Artability is off!

The Carnegie Council has made a surprise decision to cancel its September Artability conference following opposition from angry disabled people's groups.

The 3-day conference, organised by the Carnegie Council as a follow-up to its Attenborough inquiry into arts and disabled people, was billed as an opportunity for disabled artists to demonstrate their work, and for providers of facilities to discuss the way forward.

But the Greater Manchester Coalition of Disabled People (GMCODP) objected to the intended content of the conference and the way it was being organised. It planned to boycott and picket the conference.

The British Council of Organisations for Disabled People (BCODP) supported GMCODP, one of its members, and spelt out its objections in a statement released after the cancellation on 18 July.

These are: lack of involvement of disabled people in planning; too great an emphasis on policy-makers rather than disabled people; too great an emphasis on art as therapy and rehabilitation; inaccessible venues; the high cost of attendance.

The statement said: "BCODP deplores the tactics employed by the Carnegie Council to pressurise member organisations to withdraw their opposition."

Geoffrey Lord, secretary of the Carnegie Council explained the cancellation. "Our major concern was that we didn't want to embarrass the delegates and guests," he said. "We are not prepared to engage in public controversy which can only harm the cause of disabled people."

But he maintained that every one of GMCODP's statements is "inaccurate and unhelpful".

"If requesting to meet and asking them to withdraw their opposition is pressurising tactics, I fail to see what they're on about," he said.

Three separate letters inviting the GMCODP to nominate members to the conference's planning group were ignored, he said, and offers to change venues and admit the coalition's guests free were rejected.

Bernard Leach, chair of the disability steering group at Manchester Council's equal opportunities group and a council member of GMCODP, said their response to Carnegie was delayed

Continued on page 12

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Letters to the Editor

Disability Now 12 Park Crescent London W1N 4EQ

Operation Raleigh has learnt a lesson

As the director of planning for Operation Raleigh, and the field director in Chile between January and May this year, I would like to reply to Pam Phillips' report in *Disability Now* (June).

It has been a matter of policy on Operation Raleigh to give the opportunity to a few disabled young people to go on some of our 3 month expeditions in remote parts of the world. So far, 10 out of the 1,200 international young people who have been on one of our expeditions in the Caribbean, Central and South America, the Solomon Islands and Northern Australia, have been disabled. Pam is the first we have had to return home early.

Taking disabled people on able-bodied expeditions is a gamble. Sometimes, however willing the individuals or project leaders are, circumstances are against anyone who is not entirely fit or mentally adjusted to the rigours and uncertain squalors of expedition life.

In Pam Phillips' case, the mountainous and glacial country for a radius of 300 miles around Coyhaique where the 165 strong expedition was operating, was tough even for able-bodied Venturers carrying out scientific, community building and adventurous projects.

With the best intentions we perhaps overestimated Pam's ability to cope with the climate and circumstances she was likely to face. Neither our interviewers, the expedition leader nor Pam herself accurately assessed her capabilities in an expedition environment.

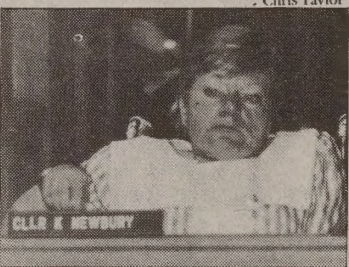
After 3 weeks of the 12 week expedition it became obvious to the expedition leader that a mistake had been made. He had to make a very difficult decision to fly her, with an accompanying member of staff, back to Santiago and on to London.

We have learned a great deal from Pam Phillips' unfortunate experience and hope that in time she will realise her own achievement in having travelled to and around some of the remotest areas of southern Chile. I trust too that she will have been aware of the respect she gained in the eyes of the able-bodied Venturers by her courage during her 3 weeks on the expedition.

This set back will not deter us from giving opportunities for 8 young disabled people from this country per year to go on expeditions. But it has made us become much more careful of the environments we will offer them and more cautious in our selection process so that the disabled participant and the young International Venturers can gain the most from their joint experience.

Roger Chapman
Executive Director, Plans
Operation Raleigh
Alpha Place
Floral Street
London SW3 5SZ

New councillor we missed



Karen Newbury is an equal opportunities officer at ILEA.

My husband and I were very interested to read about Mike Devenney's election in the June edition of *Disability Now*. We wonder if you knew about Karen Newbury who is now a councillor for the Brunswick ward in the London Borough of Camden?

Karen is a paraplegic and did work for the GLC and now works for the ILEA.

K Turner
London NW1



Janet and Paul Scanton - "a normal life with many interests".

Cruel to be kind

How I applaud Mr Tomlinson's letter (*Disability Now*, June). I was one of the original generation of Delaruvians and we all embraced "the freedom of choice" that Delarue gave us with enthusiasm.

Now, as chairman of a local group, I come into contact with many families who are afraid to let the disabled member make choices.

I feel for those people. Life is a series of choices for us all, handicapped or not.

It worries me that I see so many disabled people not allowed to make choices. No doubt for the best of intentions. How daunting when the choices have to be made and parents have died and you don't know how to make a decision.

The world is a bewildering place and totally beyond comprehension if you've never tried to cope. To be kept in a safe, confined environment is not really a kindness. Life has its ups and downs. It's false to pretend every day is lovely.

Of course, there are hurts for all the family when the disabled person makes the choice to "give life a go", but the sense of well-being and pride of achievement outweighs any pain.

My parents and my school were tough on me - I sometimes thought even cruel. How I rejoice at my upbringing now. I'm a working wife married to a spastic man who works in the City. We live a normal life with many interests.

We realise we are lucky to have the freedom of choice to be ourselves. Too much kindness, even though meant for the best, would have destroyed our will to live. We live life as it is.

Janet Scanton
Leigh-on-Sea

Reasonably priced

I read Ann Gabell's article in your June issue, "Adapting My Home On A Shoestring".

At present I use a neck pillow and a bed pad, both to give comfort and prevent pressure build up. Ann stated that price was important. My neck pillow cost only £6.12 new and the bed pad £79.90 new, both from a company called Tendercare Ltd, London Road, Ashington, W Sussex RH20 3JP, tel: 0903 892825. They have a whole range of items which I found to be reasonably priced.

Peter Jesse
1 Furnace Drive
Crawley
W Sussex

Slimline chair - for caravanning

I read with interest an article entitled "A life on the open road" in the June issue of *Disability Now* which explores the problems of caravanning for disabled people in wheelchairs.

It may interest your readers to know that our company, Newton Products of Birmingham, manufactures the Streamliner wheelchair which is being used increasingly in caravans.

The unique braking/jacking mechanism of this chair allows the large self-propelling wheels to be removed, converting it from a manual into an attendant chair which operates on four castors. As an attendant chair, the width of 15½ in. allows it easy access to and within most caravans and mobile homes.

Dereck Skiddy
Sales Executive
Newton Products
Meadway Works
Garretts Green Lane
Birmingham B33 0SQ

(sic)

DN's diary column
by Simon Crompton
and Alan Durant

Stickers

Whatever the final terms of the impending Social Security Act, it appears that a new unofficial benefit is now available to disabled people. To qualify, all they need is a disabled car sticker. A recent letter to the *Daily Mail* revealed that disabled people selling their cars are now being offered extra money - £100 in the case cited - by prospective able-bodied buyers, if they leave their disabled sticker in place. Some able-bods indeed have even been going to the lengths of making their own. One apparently genuine disabled car sticker, for example, spotted on the window of a mini recently, was seen on closer inspection to bear the inscription "Deafened by Funk."

Thais

Surely the most bizarre celebration of the recent centenary of the Statue of Liberty took place not in the U.S.A. (though by all accounts that was bizarre enough) but in, of all places, Thailand. The French newspaper *Liberation* reported that to mark the monument's birthday, Thailand's leading advocate of birth control, Mechai Viravaidya, offered his countrymen free vasectomies. The Imperial Hotel in Bangkok was converted into a makeshift surgery and those braving the knife were given the somewhat dubious reward of a free "typically American meal" of hot dogs and beer. They were also treated to a film showing of the American musical *Grease*. One of Mr Viravaidya's colleagues explained that the reason for his gesture was that "the United States has supported Thailand's programme of family planning and we wanted to give something in return." A case, you might say, of forging links by severing Thais.

Coppers

Pictures of the boys in blue wearing riot gear and wielding batons may have forever obliterated the more homely image of the laughing policeman, but it's nice to know that some of the police force at least have retained a sense of humour. The North Watford Police Association, which held a fete in June to raise funds for holidays for mentally handicapped children, have devised an alternative name under which they can carry out their fundraising - Mencop.

Restricting

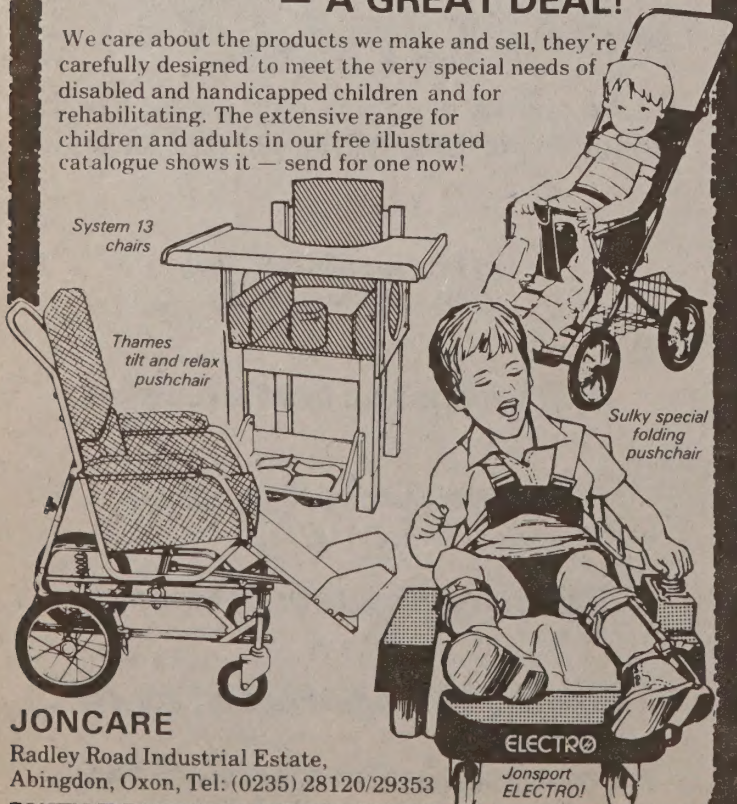
Laudable as it is, you can't help wishing that a new integrated theatre company had been a little more careful in choosing its name. The group, which developed from workshops for disabled people set up by Hull's outreach Community Arts, presented its own version of "The Wizard of Oz", with Dorothy in a wheelchair and the scarecrow played by an actor who uses a walking frame. Which all sounds very interesting, but wouldn't you be put off a group called The Physically Restricted Amateur Theatre Society or PRATS for short?

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MONTH IN PARLIAMENT



HOUSE OF COMMONS

Community Care Addition goes under: will people be forced into institutional care?

Severely disabled people living in the community are not to have the Community Care Addition, which the Lord's added to the Social Security Bill, after all. When the Bill returned to the Commons on 23 July, the Government brought forward their own proposal to add a higher rate premium of £23 per week to the basic disability premium proposed in the Bill. The criteria for this are, however, extremely limited.

Introducing the proposal, Tony Newton, Minister for the Disabled, said that it would apply only to disabled people living alone who receive the higher rate Attendance Allowance and who do not have a carer receiving or eligible for Invalid Care Allowance. It is estimated by the Government that up to 10,000

disabled people will qualify.

The original Community Care Addition was added to the Bill because of fears that newly severely disabled people will be unable to claim the present benefits worth up to £50 a week and be forced into institutional care. The Minister gave further assurances that those currently receiving such benefits would have their cash protected. Many Members expressed concern that those who become eligible will no longer be able to claim the amounts necessary for them to live in the community.

Alf Morris (Labour) noted that it could cost the taxpayer £180 per week to keep a disabled person in residential care - the possible result if benefits of up to £48 available previously are not made up through a flexible system, like the Community Care Addition proposed by the Lords.

He said the move "will be sentencing many disabled people to indefinite institutional care," and the effect would be that it will "cost the taxpayer more than the benefits that the Government want to scrap".

John Hannam (Conservative) gave a cautious welcome to the new premium but also expressed concern that it would not do enough for those who start to claim the new benefits. He also called for an assurance that severely disabled people would not be forced back into residential care.

The Government ensured a victory for their proposal in the Lords by arranging a record attendance of peers to prevent any further revolts. This included swearing in four new peers.

Lord Henderson (Independent) who had introduced the original community care addi-

tion welcomed the extra money but was unhappy with the lack of flexibility in the Government's new premium. He felt it was wrong to set tight limits on payments which would force some people into residential care and cost the Government more.

However, Baroness Trumpington for the Government saw the premium as a significant extra help for severely disabled people.

The Government have also reintroduced measures that deny any independent right of appeal for those refused discretionary payments under the new social fund, and a requirement that low income families on housing benefit pay the first 20 per cent of their rates.

Baroness Faithful (Conservative) strongly criticised Ministers, and said she had to support the claimants rather than the Government over both issues.

Tom Clarke Act: fears grow on implementation

Tom Clarke's Disabled Persons (Services, Consultation and Representation) Bill is now an Act of Parliament. The debate in the House of Commons on 4 July was the final stage of this important legislation for disabled people. MPs from all sides of the House complimented Tom Clarke on his skill in piloting such a comprehensive and complex Private Members Bill through Parliament.

However, concern is already growing that parts of the Act may not be implemented because of the financial restraints imposed by the Government.

When pressed by Tom Clarke to give commencement dates for the various clauses, Tony Newton, Minister for the Disabled, would not be drawn. Referring to what he felt would be the high cost of implementing the clauses on the appointment of representatives and assessments by local authorities, he said that commencement orders would have to be considered "in the light of when resources could be made available".

He took the same view on Clause 4 which relates to assessments for mentally handicapped people leaving long-stay hospitals.

The Minister did say that he hoped Clause 3, which gives assessments to young disabled people leaving special education, will be implemented for the summer of 1987.

Tom Clarke was insistent that resources should be found. He said "the Government are compelled to recognise the strong feelings and make sure that resources are made available". He was supported in this by Alf Morris (Labour) who congratulated Tom Clarke. "He will be thanked by disabled people everywhere," he said. "I hope we will be rejoicing very soon at the full implementation of this legislation."

Wigley calls for more flexible board and lodging system

Dafydd Wigley (Plaid Cymru) has called for a more flexible system of Board and Lodging payments. In the Commons on 9 July he used evidence from The

Spastics Society to show that the cost of care can be as high as £300 per week while the Board and Lodging limits allow for a payment of only £180. He asked the Minister to respond to the suggestion that more profoundly handicapped people should be allowed to claim the higher nursing home rate of £230 without having to live in a nursing care environment.

John Major, replying for the Government, rejected this idea. "Supplementary Benefit cannot meet all care costs however high," he said. He did suggest that further discussions would take place between Government, the local authority associations and the voluntary sector to see if there was a way to alleviate problems faced by profoundly handicapped people.

The Government also indicated that they are reviewing the whole system of financial support of people in local authority, private and residential homes. This is in the light of the increase in payments from £6 million in 1978 to £280 million in 1985.

Much of this increase, according to Michael Meacher (Labour's Social Security spokesman) is the result of the high fees charged by private residential homes for elderly people, which take advantage of the limits, while local authorities are correspondingly short of funds for community care projects.

Brian Lamb

Board and Lodging

Blind and elderly people living in nursing homes will *not* have their their board and lodging limits raised by £20 a week as reported in *DN* last month. The increase will apply only to those living in residential care.

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How Remap can help with a special problem



Adam Preston from White Lodge Centre has an abduction block, back support, straps and footplates with straps on his trike.

The 1986 REMAP Yearbook has been published by the Royal Association for Disability and Rehabilitation (RADAR).

REMAP - Rehabilitation Engineering Movement Advisory Panels - began 20 years ago to design and supply specialist aids that were not available commercially or to adapt an existing aid for a disabled person.

The designs are usually "one off" to solve an individual problem. They can range from a completely new piece of equipment - such as an extra high chair to seat comfortably a man with severe rheumatoid arthritis - to a simple adaptation - lengthening a toilet handle for someone with little strength in her hand to flush the toilet with ease.

The White Lodge Centre in Chertsey has been helped by their local Surrey REMAP panel on several occasions. This year's book shows modifications made to ordinary tricycles so that children with cerebral palsy could use them safely.

An outgrown child's walking frame was altered and larger castors fitted so that the child could continue to use it.

Carolyn Shaw, a physiotherapist at White Lodge, is pleased with the help and advice White Lodge has received over the last 3 years. "And we pick their brains too for solutions to other problems," she says.

There are some 90 local REMAP panels (groups) throughout Britain with about 2000

volunteers, of whom half are engineers and the others are occupational therapists, physiotherapists, doctors and so on.

"Problems" usually come from domiciliary OTs from local social services departments, but individual people who would like help are welcome to get in touch with REMAP.

The service is free - REMAP members are volunteers. The materials they use are often unwanted and practical help may come from apprentice schools and colleges.

Kathy Johnson

For the address of your nearest REMAP Panel write to REMAP, 25 Mortimer Street, London W1N 8AB. Tel: 01-637 5400



Accessible?

Jean Davies and Mary Whalley went to find out

The Stoke-on-Trent National Garden Festival has some special gardens of interest to disabled people. A garden for the disabled has raised gardens and garden tools on display, including 3 multi-purpose tools shortlisted in a *Sunday Times* competition; the winner will be decided from the votes of disabled visitors. Then there is a scented garden for blind people and a garden sponsored by MIND which uses floral colours and design to contrast an active and aggressive mind with a tranquil one. The festival is open until 26 October, 10am till dusk.

The architects of this giant festival - 180 acres of gardens and leisure park facilities - are said to have paid "particular attention to the needs of the disabled."

Certainly things started well. We were allowed to park very close to the main entrance and were not charged for car parking. The entrance fee was £3, £1.50 off the standard price.

Wheelchairs were available at the entrance; you pay a deposit which is returned when you leave. Mary preferred to use her own chair but I used one and found it very comfortable.

Although we did not need help, having our own helpers, we saw a large number of voluntary "guides" who were ready to assist disabled people visiting the exhibition on their own. There were also "mobile buggies", comfortable-looking armchairs on wheels available for elderly people.

The exhibition is so big that you can't do it all in one day. You need to consult the brochure and decide what interests you.

The routes are clearly laid out so that people in wheelchairs can see the whole site. We were hampered by rain and so kept under cover most of the time, but we saw some lovely floral displays, garden centres and the Butterfly World where butterflies land on your shoulder.

Everywhere had good access and wide doorways and adequate ramps. Where a moveable ramp was provided for a steep curb, a member of staff was there to move it. Would they be there, we wondered, on a busier day?

Each of the toilet areas we passed had special facilities for disabled people. The toilet I "tested" was very well planned with plenty of space and everything at the right height - although a more severely disabled person might have needed a second handrail.

Our main criticism concerned the "spray and chip" finish on the paths. It is hard work to push a wheelchair on this loose gravel and there could be an accident if the gravel piled up unnoticed and brought a chair to a sudden stop. A friend of mine who walks unsteadily found the paths most difficult, and fell, which resulted in an unpleasant gravel rash.

On the whole, though, we were impressed with facilities at the festival and the number of staff.

For more information, tel (0782) 289788.

naidex '86

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15, 16, 17 October 1986

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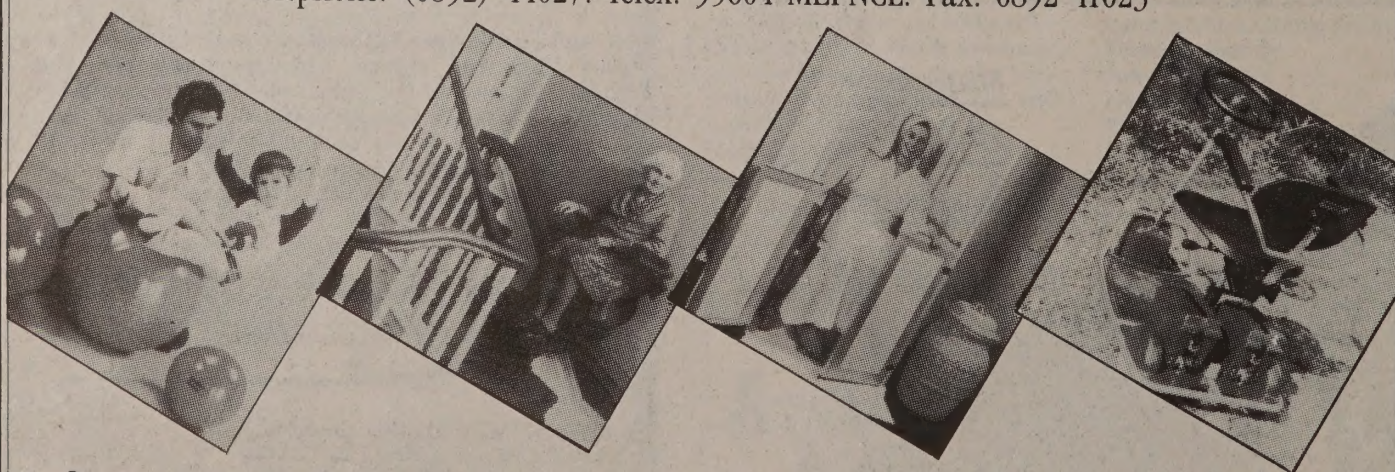
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INTERNATIONAL

Why high tech is bad news in developing countries

It is no exaggeration to say that most disabled people in developing countries lack access to the most basic rehabilitation measures which could improve the quality of their lives. It is estimated that more than 350 million of the world's 500 million physically and mentally disabled people are out of reach of any sort of help.

AHRTAG (Appropriate Health Resources and Technologies Action Group) was set up in 1976 to promote low cost measures which could be used in primary health care programmes in developing countries.

With the approach of the International Year of Disabled People, it was decided in 1980 to set up a disability unit to concentrate on the need of disabled people. The unit is primarily concerned with low-cost aids and equipment which may be made locally from readily available materials, and with simple

ways in which disability may be prevented.

Western made aids are not only wildly expensive and difficult to maintain, but are mostly, in any case, hopelessly inappropriate to the needs of people living in the villages of developing countries. Locally made aids, on the other hand, can be made to measure, can be easily maintained, can promote a sense of dignity in achievement, and can provide employment.

I would like to emphasise that there is no question of designing such aids in this country and then imposing these ideas on local people. For one thing, this is obviously unnecessary. Many talented craftspeople and others have developed aids in village workshops, but often these ideas remain within a very limited area, while many other people in neighbouring areas or in other countries are desperately in need of details so that they

AHRTAG is ten years old. Ann Darnbrough, of the Disability Prevention and Rehabilitation Unit, describes its work.

can adapt ideas to suit their own needs.

The AHRTAG disability unit has two main functions: firstly to promote a general information service to health workers and disabled people in the rural areas of developing countries; and secondly to promote the spread of information on low cost aids and equipment. Our enquiry service is a two-way link - we do our best to provide whatever information is required, while at the same time we ourselves are made aware of priorities and the sort of information required.

Our wheelchair manual was an answer to the many queries we continue to receive about wheelchairs which can be made locally from easily available resources. These wheelchairs must be sturdy and able to withstand use over rough ground.

The commercially manufactured wheelchairs and hand-propelled tricycles produced in industrialised countries are rarely the answer for people in developing countries. Having been developed for use on smooth surfaces, they are unlikely to last long in difficult conditions. They are usually technically complicated which makes them expensive to buy and look after, and difficult to repair.

However, efficient hand-propelled transport aids can be made cheaply, and need not be complicated. This has been proved by many local centres throughout the world, using wooden frames, simple methods of wheel attachment, inexpensive castors and puncture proofing techniques. At the same time,



Mobua Paur, secretary at the Centre for the Rehabilitation of the Paralysed, "test drives" the new prototype wheelchair.

in other areas there is an obvious and serious lack of mobility aids, with communities seeking information on how to produce such equipment.

AHRTAG decided to draw together and develop existing material and prepare a manual providing advice on the design and manufacture of hand-propelled, wheeled transport aids. The manual aims to make available sufficient information for people with basic technical skills to make good quality aids and stimulate the development and adaptation of designs to suit local conditions.

Another manual is being prepared on appropriate artificial limbs, using the same principles.

Books and publications are, of course, very limited as a means of passing on information. Even if it were possible to translate the material into just a few of the thousands of languages spoken by people in developing countries there would still be problems of literacy to overcome or just the plain fact that books tend to sit on bookshelves rather than be used.

And yet it is vital that information on aids and equipment reaches the people who need it so urgently - the person who

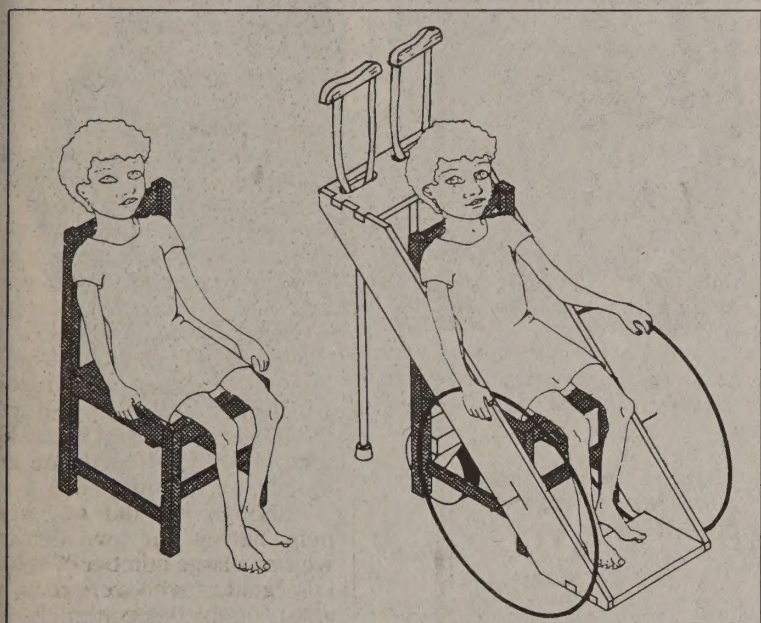
cannot move around for lack of a mobility aid, the child who cannot sit up for lack of a chair, the person who cannot take part in household activities for lack of a support or a specific tool.

For these reasons AHRTAG is now working in the Centre for the Rehabilitation of the Paralysed in Dhaka, Bangladesh. Here we are passing on information by direct demonstration - no need to look at a book.

Our engineer has already designed a prototype wheelchair which is now being tested at the centre. A folding wheelchair and a tricycle are nearing completion. If they pass the tests of daily use by disabled people at the Centre, then they will go into limited production at the small workshop nearby.

All the components for these vehicles can be bought in the local market. Mansur Ahmed and Paul Rosario, who have been with the Centre's workshop for a number of years, will learn how to make these new mobility aids by demonstration.

It is through this sort of technical assistance that we hope to reach many more people with the sort of information which enables disabled individuals to live full lives in their communities.



How to turn a wooden chair into a wheelchair - an illustration from AHRTAG's Personal Transport for Disabled People.



Cerebral Palsy Overseas, the international disability charity, has organised a cycle tour of Britain and Ireland with 10 disabled people from 26 August to 30 September.

The Britain and Ireland Cycling Expedition aims to raise over £40,000 for projects in Turkey, Sri Lanka, Brazil and other countries throughout the world. Funds are needed, for example, in Portugal where a mobile rural support service is being set up to bring much needed professional services to remote rural areas.

People are being invited to guess how far the team will cycle over the 5 weeks and contribute 50p for each guess. If you would like to enter, just fill in the coupon on the left and return it to CPO (we've listed their itinerary to help you!)

There are prizes for the closest estimates, including holidays, video recorders - and bicycles!



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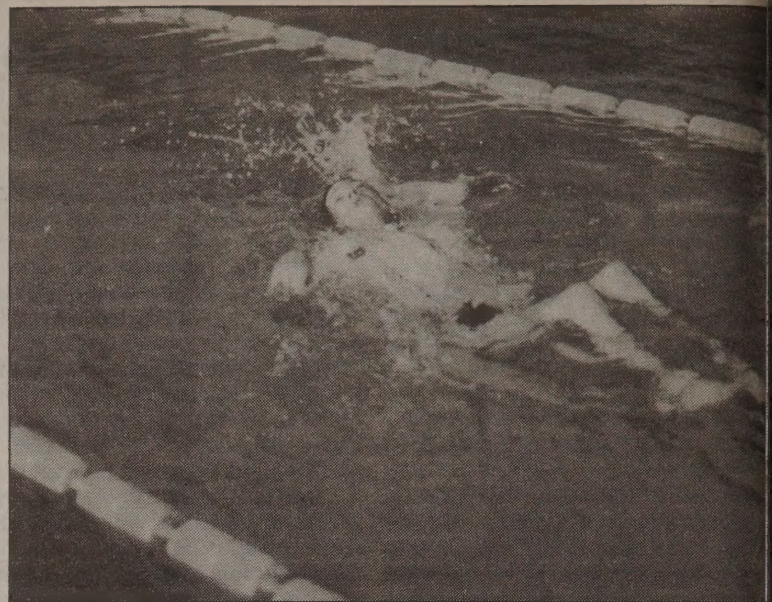
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Peter Pearse (Delarue) on his way to winning a gold medal and a record in the 50m freestyle.



John Greaves (above) concentrates on winning a gold in the archery competition.

Pictured below, Mike Chard (Cheltenham) ready for the slalom. In the swimming he broke 2 world records in the Class 1 25m and 50m freestyle.



Pictured below, Maria Brookes (left) and Sandra Stonebanks from Beaumont College, symbolise the close relationship which existed between the team and the care staff in Gits.

One athlete's view of the World Games

by Tommy Burdon



Tommy Burdon throwing the shot.

Our team of 36 were all very proud to represent England and Wales. I hope we were good ambassadors.

I have very fond memories of the 3 things particularly stand out. Coming together of so many countries regardless of race, colour or creed. Many friends from many different countries. I have come back to England a better person.

Second, the opening ceremony was a moving experience for everyone. The experience never to be forgotten. I think the hardest person couldn't have failed to be patriotic. During the games, disabled people were not forgotten as we joined together as one big family.

Third, I was very impressed by the standard of achievement and the talent of everyone, whether they were winners or not. I would like to say a big thank you to all the care staff - how well they looked after us - and to all the people who made this trip a great one.



CP World Games

Out of adversity came triumph!

Howard Bailey tells how the England/Wales team lived up to its emblem

Every 4 years the world's elite cp athletes meet for the World Championships. This year they were held in the Dominik Savio Institute at Gits in Belgium.

Thirty-six athletes from England and Wales took part in all the competitions - swimming, boccia, track and field, archery, riflery, cycling, table-tennis, soccer and wheelchair handball.

After two days of pre-competition preparation at Stoke Mandeville, where the team members got to know each other and there was a chance for team practice, they set off, full of confidence and with, according to the more experienced athletes, the best team spirit ever.

Over the following 10 days that spirit was tested to the full. The split venue arrangement, with track and field events held at Blankenburg (50 km north of Gits) and swimming in Zwevegem (40 km to the south)

meant that competitors had many tiring bus journeys and early starts.

Also, the competition programme was compressed into 5 instead of 7 days which caused headaches for those organising athletes in riflery, archery, table-tennis and cycling. On an average day the buses left the games village at 8 am and the final event did not finish until 9 pm with medal ceremonies almost immediately afterwards.

But out of adversity came triumph - a total of 68 medals. England/Wales and Canada between them took 138 of the 400 medals available.

To highlight all the outstanding results would be impossible, but 4 performers stand out.

In the swimming, Martin Mansell's 5 gold medals were matched by Robin Surgeoner (Rushmoor) who also broke no less than 5 world records in Class 4.

Mark Chard (Cheltenham)

claimed two world records in Class 1: 25 m and 50 m freestyle.

As a new international, Michael Walker was certainly not overawed by the occasion. He won gold medals in the Class 4 shot, club and javelin, breaking world records in all 3 by considerable margins. He also won a silver in the discus and in the power lifting.

The team's achievements were possibly greatest in the slalom events for Classes 1-4, where they won 3 gold, 5 silver and 2 bronze medals.

Terry Hudson, in his new prototype sports chair from Newton Products, caused quite a stir with some hair-raising driving, only to be pushed into second place by an overheated gearbox.

Norman Burns was unbeatable in the Class 4 slalom. His technique here and in the field events where he does a rotational spin to get added leverage sent many countries home with ideas

to advance their own athletes.

John Greaves had possibly the hardest task of all, competing in the archery and air rifle competitions. His concentration over a period of 3 days was outstanding and his efforts were amply rewarded with a gold and a silver.

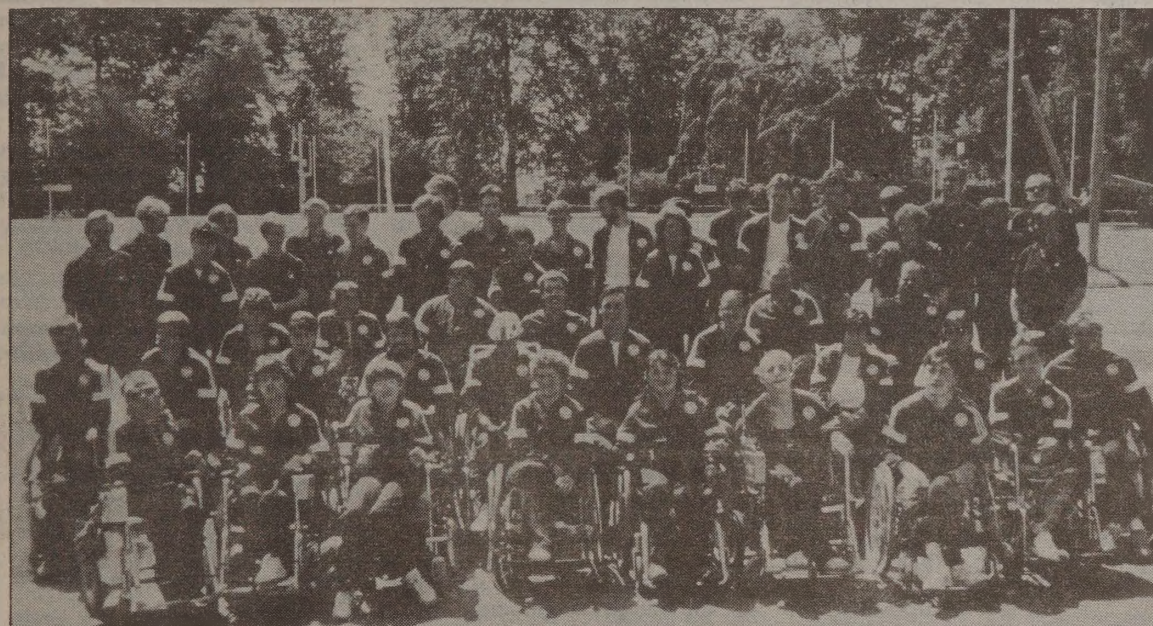
As impressive as the medal count was the dedication, professionalism and pride in representing their country shown by the athletes. It is a pity that some of our more illustrious and high paid colleagues in sport do not show similar attitudes. Perhaps when the media and the world of sport start giving more positive coverage to sport for people with a disability, this professionalism will rub off.

1988 is the next target with the Paralympics in Seoul, S. Korea. Although 2 years away, athletes contemplating selection should be training now.

Yet again we have proved our excellence in cp sport, but being at the top of the tree means only that everyone else is aiming to shoot us down.



Excitement for David Pearce (Beaumont) who won a gold in the Class 1 25m freestyle, and 2 silvers, for the 50m freestyle and distance bean bag.



The team - all 36 of them - with Howard Bailey (back row left) and care staff.

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How to take the pressure off your Ischial Tuberosities

Marian Bowen, who knows a pressure sore when she sees one, offers some advice

Most pressure sores are exactly what the name implies - sores caused by pressure on parts of the body. They are not necessarily "bed" sores.

To begin to understand the problem, press a thumb against the back of your other hand for 30 seconds. A white mark remains? You have forced the blood away from that area. If you continued the pressure for several hours the underlying tissue would die from lack of blood and you would have the start of a pressure sore. (Of course the considerable pain this would cause should persuade you against trying it.)

Most people relieve pressure automatically, by changing their position. Those who have accidents or acquire their disabilities later in life are generally taught a regime for relieving pressure and checking for damage. But people like me, born with spina bifida, or other disabilities which impair sensation, often have to teach themselves.

Pressure sores are dangerous: infections from them can kill; and they certainly cause considerable problems of personal misery and the loss of work time if you have to spend hours "bottom up" either at home or in hospital.

Prevention is of course better than cure, and for all disabled people who use a wheelchair or are stationary for long periods, the importance of checking for bumps, scratches and possible pressure sores is paramount. Even those people with no sensory impairment should ensure that bumps and scratches are kept clean and free from infection.

Vulnerable areas should be checked regularly. If necessary use a cream such as Epicare or Dermalex which work to prevent pressure sores and can be obtained over the counter at chemists or on prescription. (I



Mobile and comfortable with the Robo cushion.

have asked a friend to do a longer term trial with these two products to see if they are effective for protecting skin which is continually being knocked, and will let you know the results.)

I acquired my knowledge of pressure sores and the traumatic effect they have on one's life by trial and a good deal of error.

My first experience was at

school. The cause was a long hot weekend of horse riding - an activity I no longer indulge in! Since then I have had an almost permanent sore on one heel and occasionally one on my left Ischial Tuberosity (the polite term for left buttock).

I resent the disruption to my life and the time required to care for these sores. It seems to me

that the medical profession sees pressure sores as an acceptable and integral part of paralysis and little or no advice is forthcoming about actually trying to rid me of the problem.

The new report on physical disability from the Royal College of Physicians at least takes the subject seriously and talks of the hundreds of thousands of pounds being spent each year on what is, after all, preventable. The report recommends a pressure sore prevention and treatment service in every health district run by a properly informed nurse who could train others, and backed up by a doctor in the local hospital who knows about pressure sores prevention and treatment.

It also wants different types of equipment to be "readily available" and available to try out too.

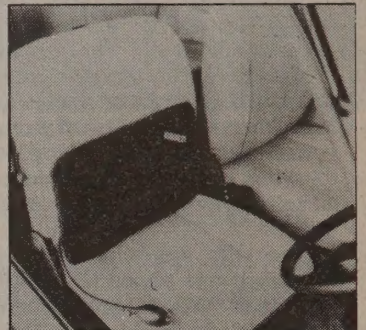
Discovering the best treatment for yourself takes some research. Until last year I was relatively ignorant and it was only when a physiotherapist and I took 6 months to clean up a sore on the said left buttock that I became frightened enough to find out more.

My solution was a combination of ultra-sound treatment, a new kind of "breathable" dressing (N-A from Johnson and Johnson) and a Roho cushion, on temporary loan from a local school.

The Roho, I feel, was the key to success. It consists of a number of air bubbles which relieve the pressure on any particular area. Unfortunately that cushion had

to be returned and another sore appeared within weeks. I now have a cushion on loan from the hospital and I am doing battle with the DHSS Artificial Limb and Appliance Centre to prove my need for a permanent cushion of my own.

If you have a pressure sore, my advice would be to see your GP. If you don't have a sore, but feel you may be a candidate, the checklist below might help.



New Lumbar Jack cushion gives support and relieves pressure.

Robo Cushion, £249 (excluding carriage and VAT) from Raymar, P O Box 16, Henley-on-Thames, Oxon RG9 1LL NB Most disabled people should not have to pay VAT.

Lumbar Jack, £18.25 (includes VAT and p&p) from Nottingham Rehab Ltd, 17 Ludlow Hill Road, Melton Road, West Bridgford, Nottingham NG2 6HD.

N-A Dressing from Johnson and Johnson is available at chemists or on prescription, about 28p for 9.5cm x 9.5cm square (use with gauze pieces).

How to prevent pressure sores

1 Check regularly for signs of pressure (redness or white spots)

2 Check regularly for scratches and bumps (keep them clean)

3 Wear "breathable" fabrics. Make sure they are clean and dry and do not have buttons, zips or hard seams

4 Make sure your skin in vulnerable areas is clean and very dry, and don't go mad with the talcum powder which can go hard and lumpy when wet

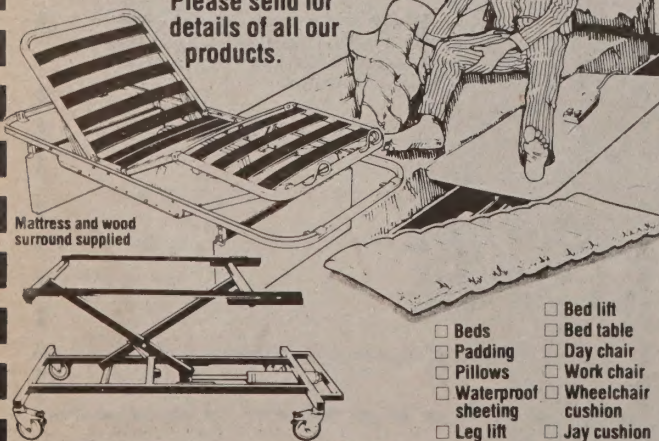
5 Watch your posture and make sure you change position regularly in the car or wheelchair - about every 15 minutes is recommended

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OUTLOOK

Theatre

Never Mind, We'll Work On It

The potential of people with mental disabilities to perform professionally has not been widely explored. However the work of the unique and talented Strathcona Theatre Company will surely encourage greater attention to be paid to this area.

The company's latest production, *Never Mind We'll Work On It*, at the Tricycle Theatre London, is lively, imaginative, amusing and, for the most part, as entertaining as you will see anywhere.

Much of the company's strength lies in its ensemble approach. Each individual makes his or her own contribution to the production without being confined to "lead" or "supporting" roles. The resulting sense of collective purpose and enjoyment duly conveys itself - with considerable impact - to the audience.

The play itself is in two halves. The first sees the cast in rehearsal a few days before the show opens. Even at this late stage the

play is still in the process of conception with various ideas being tried, accepted and rejected.

The second half is the dress rehearsal. The play the cast are performing concerns an elderly, successful but thoroughly disagreeable playwright, Mr Joseph Reeves, who arrives at the Tower Hotel in London to work on his latest project for the theatre - his first thriller. We observe his unavailing struggle to find inspiration and the life of the hotel and its guests - both as they real-

ly are and as they become in his imagination.

One of the most intriguing aspects of the show is the way in which seemingly random exchanges and scenes from the first act take on real shape and meaning in the second act, in the context of a completed run-through of the play.

Perhaps the most striking example of this is the scene with which the show opens - an intricate "dance" sequence to Rachel Portman's haunting musical

score. In the second half it becomes a poignant expression of the ageing playwright's isolation and loneliness.

The show is stronger in the first half when the cast play themselves. In the second half it loses some of the earlier momentum. However, taken overall, this is a production well worth seeing and the company and its directors, Joan Greening and Janet Bliss, deserve considerable praise.

Alan Durant

Sam Tanner



Some of the Strathcona Theatre Company at the Tricycle Theatre.

Mobility

Powered wheelchair insurance scheme looks good

Car drivers have to insure their vehicles; people who drive outdoor power wheelchairs do not.

The lack of any compulsory requirement plus the expense of buying a powered chair means that few people bother with insurance.

Yet what happens when the chair breaks down or is involved in an accident? With no replacement you could be stranded and in an accident you may be liable

for damages. It really is advisable to insure your chair.

Many companies offer third party insurance (for the barked shin in a crowded shopping area) but they do not provide for the loan of a chair while yours is being repaired or help with repairs.

At last wheelchair distributors have recognised the need for a complete package. The British Association of Wheelchair Distributors, which includes most of the big names like Ashley Mobility and Eric Richens of Oxford, has launched a Power Wheelchair Insurance Scheme which covers all risks for the outdoor wheelchair user. It claims to be the cheapest of its kind in the UK.

There are 4 levels of premium: For £15 a year you are covered for repair costs following an

accident, fire damage, the cost of replacing a stolen powerchair and damage to someone or something.

For £20 a year, you are also covered for the cost of getting yourself and your wheelchair home after an accident and the free loan of another powerchair if yours has to be taken back to the workshop for repairs. If the machine is badly damaged and less than 2 years old, it will be replaced with a new powerchair. For £40 a year, you can additionally be covered for breakdown. You also have cover against being badly hurt in an accident and for taking the wheelchair abroad. Finally, for £80 a year, you can also be covered against serious breakdown - say of the control box or the motor, both of which could cost over £200 to replace.

While labour and call-out charges would be met, you would be asked to pay the first £50 towards the cost of the part.

Unlike the usual insurance scheme, this one can be entered into at any time of year; there is no fixed renewal date.

A motor insurance expert, to whom I showed the scheme, regards it as the best value for money he has seen for a wheelchair user who is dependent on a machine.

As with anything you buy, you should shop around before making a long-term commitment.

John Byworth

Further information from The British Association of Wheelchair Distributors, c/o Ashley Mobility, Freepost, Birmingham B25 8BR. Tel: 021-772 5364.

Books

Smoking Out the Barons - The Campaign Against the Tobacco Industry

The British Medical Association (Wiley Medical Publications, £6.95)

Smoking kills over 100,000 people in Britain every year. Out of every 1000 young men who smoke in this country, 1 will be murdered, 6 will die in road accidents and 250 will die prematurely as a result of smoking. Figures like this caused the BMA to go beyond issuing warnings and campaign actively against the tobacco companies who, says John Harvard, the BMA Secretary, "are responsible for a massive cover-up carried out

worldwide by an industry which callously ignores the medical facts."

The campaign against the "Tobacco Barons" recognised from the beginning that the issue of smoking was political. Government has always relied heavily upon taxation from the tobacco products while at the same time warning against their effects. Change, if it was to come, would have to involve putting pressure on Parliament with public support to change the framework in which tobacco companies operate. This interesting book is a history of that campaign so far and the evidence on which it is based. It is also a campaigning guide, drawing lessons from each aspect of the campaign which could be applied by any group trying to change the law or public opinion.

In taking on a multinational industry, the BMA had to be realistic about its aims. Thus the campaign has concentrated on areas of particular concern - the growth of smoking among children and young people, the growth of smoking by women, promotion of tobacco products through sporting events, improved health warnings on tobacco products and moves to stop the promotion of tobacco

products through advertising.

A major problem faced by the campaign is the level of support for the tobacco industry in Parliament itself, much of it fostered by the companies sponsoring (paying fees to) MPs in return for tacit support and advice. Thus, while a number of Private Members' Bills to ban sporting sponsorship and to limit advertising have made little headway, pressure has been built up to enforce a much tighter code when the voluntary agreement on advertising tobacco products was renewed. Higher real taxes on tobacco products in the last budget was also counted as a "success".

There is still a long way to go, as those involved in the campaign acknowledge. However, more people are giving up smoking and the tobacco industry is now on the defensive.

As long as Government continues its ambivalent attitude towards one of the largest preventable killers of our century, the campaign will be a long one. Imagine the uproar there would be if the Government stood by while an extensive advertising campaign for heroin was mounted. Heroin kills relatively few people compared with tobacco.

Brian Lamb

Television

The Silence of Donald Lang

Firstly, two made-for TV films. *The Silence of Donald Lang* (BBC1, 27 June) told the true story of the defence by a deaf lawyer of a young man arrested for murder, who was deaf and could not speak. It was an extremely strong, moving story with an ironic twist at the end. I suspect that both the actors who played deaf people could hear, but the person who played the lawyer convincingly conveyed the voice of someone who could not hear himself speak. I also suspect that the facts of the real life story were sentimentalised; in this case, not too much.

Sadly, the sentiment was overdone in the other true story. *Touched By Love* (BBC1, 13 June), was extremely sugary and was such a calculated tear-jerker that it could have been sponsored by Kleenex! Karen had cp and was looked after in a school where the other children seemed rather younger than herself. She was condemning herself to complete isolation until, thanks to the utter commitment of a helper, she emerged from her shell to become more active. She got smitten with Elvis Presley who corresponded with her. Unfortunately, Karen's joy was short-lived: pneumonia killed her.

The real stars of the film were the children around Karen: they were natural and actually had their own disabilities. Karen however, was played by an able-bodied person. Initially, she portrayed the physical characteristics of cp very well. Her speech, non-existent at the beginning, was convincing as she struggled to make any words audible, but dramatic licence ensured that her speech became too clear, too quickly.

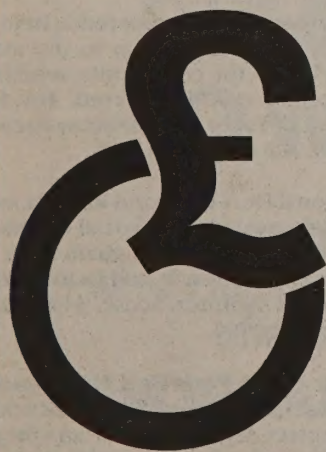
By the way, if it is true, as was stated in the film, that most cp people die at puberty, this column is actually written by a ghost writer!

If they had turned *Who Are The Debolts?* and *Stepping Out* (C4, 10 July) into a film nobody would have believed it, and its saccharine content would have been so high as to make its entire audience diabetic! The reality was sweet enough. The Debolts are the Von Trapps, multiplied somewhat. Mom and Dad had 20 children, most of whom had been adopted and a large percentage of whom were disabled. Sharing their lives was a positive experience. *Stepping Out* was mainly concerned with JR's preparation for mainstream school. Pity his more famous namesake does not have his qualities. C4 - what happened next?

Link (Central, 22 June and 6 July) profiled Vic Finkelstein and investigated Motability. Reviewing these would be unfair, for *Link* is not seen in the North-West. Nor will it be in the foreseeable future. Since my conversation with Granada (*Disability Now*, March), they have reassessed *Link* and decided not to show it. Instead, *This Is Your Right* will be extended to include more items about disability. This, says Granada, will put disability into a wider context than does *Link*. Pity viewers do not have the choice of both programmes.

Coming shortly: *Call Me Mister* (BBC1) and *Raspberry Ripple* (BBC), plus a magazine information programme which has been successfully piloted, called *Contact* (C4).

Chris Davies



There's no such thing as a free lunch - and *Disability Now* is no exception.

The newspaper costs The Spastics Society 40p a copy or £4.80 for a year's supply. At the moment it comes to you free.

If you enjoy reading *Disability Now* and would like to see it continue, please send us a donation. £1 or £1,000, everything is welcome!

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Share Your Problems

With Margaret Morgan

Continuous pain: "Little do people understand the act I'm putting on"

Continuous pain, especially if there are no visible symptoms to explain the cause, can be a much greater disability than many people realise. Sufferers may be treated as though they are psychologically disturbed and exaggerating or even inventing the pain. Relatives and friends tend to lose patience eventually, and professionals feel impotent to help.

It is well-known that thresholds for feeling and tolerating pain vary considerably and for some people the levels at which they feel intense pain may be much lower than for others. Pain is a personal and unique experience and it is virtually impossible to appreciate or share just what others are suffering. Intractable pain can be draining, exhausting and frightening and the never-endingness of it can cause real depression, with thoughts of suicide not far away.

My two correspondents this month want their names to be quoted, as their experiences of pain may help others to understand and to be more supportive.

William Gray suffers back pain. "If you have a back condition it is looked on as a Music Hall joke, but for those concerned it is *not* funny. When you first feel the pain it's unbelievable. You cannot move: it's like a vice holding you down.

Before you had back trouble you could run, jump and walk: now you can't do any of them. Gardening is 'out' and even on holiday you can only sit on the beach. You read, play chess and write, but other activities are impossible. When the pain is bad, you have to take tablets to sleep. This is the condition you live with, watching every move, unable to work, know-

ing that doctors and employers just don't understand your disability.

So whilst the media creates jokes, you live in fear with the only comfort that perhaps one day the public will become aware of the plight of those of us with the condition."

Jackie Keirs had a car accident in 1978 which caused a severe head injury. Ever since then she has suffered discomfort and pain in her head, due to damage to the thalamus, which is deeply situated part of the brain.

Jackie's book, *A Change of Rhythm*, was reviewed in the July issue of *Disability Now*. Several months after the accident she wrote:

"The most obsessive feeling, constantly with me, is a tightness round the head and sharp numbness or void on the right side of my body.

The piercing quality of this tingling numbness varies, depending on how tired I am. Immediately after getting up in the morning, for about half an hour, I am scarcely aware of this sensation, but it gradually becomes more intense during the day, particularly after any activity that involves quick changes of focus." In 1985, she writes: "Superficially I have made a



Simon Crompton

fantastic recovery. In many ways I have been very lucky, but this *apparent* return to normality brings with it its own problems... Very few people, for example, can have any idea of the amount of discomfort I am in a lot of the time, as presumably I look healthy, talk rationally, am obviously physically mobile and am often, in my work, in situations of control which I seem to carry off without difficulty. Little do they understand the act I am putting on, the 'cover up' job of continuing with my life (at least as I want to live it!)... Often I have been to bed at night literally shaking with the effort and tensions of the day, even after spending time on projects that mean the world to me...

There are times when I don't think I could endure much more, particularly when the pain sears through my face and eyes with the cutting edge of a knife."

There are a number of pain clinics in different parts of the country and GPs will have details and be able to refer patients on for advice.

The Intractable Pain Society of Great Britain and Northern Ireland, Department of Anaesthetics, The Royal Infirmary, Derby, tel: 0332 47141, and the Back Pain Association, 31-33 Park Road, Teddington, Middx, tel: 01-977 5474, will also supply information and addresses.

Jackie Keirs' book can be obtained from The Spastics Society and from HEADWAY, 200 Mansfield Road, Nottingham NG1 3HX, tel: 0602 622382, £2.25 (includes p&p).

Share your problems by phone

If you want advice on a personal or spiritual problem, why not talk to Lin Berwick, *Disability Now's* telephone counsellor?

Lin is at the end of the line on Monday afternoons from 1pm to 5pm, and on Thursdays from 6pm to 10pm.

Her telephone number is Hornchurch (04024) 58325.

What's On

Courses at Castle Priory

Transition to Adulthood For Those With Severe Physical Impairment - a course for any interested professional, led by David Hutchinson. 15-17 October.

Building Design and Construction - an introductory course to the problems of building construction and control and to advising disabled people on home adaptations and alterations. For occupational therapists, social workers and environmental health officers. 20-22 October. Tuition £48, residence £42, non-residence £15.

The Hampshire Assessment Materials - a workshop on the use of HALO (Hampshire Assessment for Living with Others) and HANC (Hampshire New Curriculum) for people with severe learning difficulties. 24 October. £20 (inclusive).

Personal Considerations For Cerebral Palsied Women considers the physical problems, physiological changes and psychological factors related to body image, sexuality, childrearing and childlessness. For those involved in care, education or counselling. (Limited facilities for wheelchair users.) 29-31 October. Tuition £47, residence £42, non-residence £15.

For more information about any of these courses write to Castle Priory College, Thames Street, Wallingford, Oxon OX10 0HE. Tel: (0491) 37551.

Conferences and Leisure

Torquay Holiday Playscheme. The South Devon Cerebral Palsy Society is running a playscheme for all children with special needs on 4-29 August. It runs daily from 10am-3pm at Steps Cross Special School, Steps Lane, Watcombe, Torquay and there are three full-time play-leaders. Holiday makers are welcome to use the scheme. For further information contact Margaret Tomlinson, The Coach House, Tristford, Harberton, Totnes, S Devon TQ9 7RZ. Tel: (0803) 863071.

PLAYTRAC Seminars and Workshops - a series of 6 one-day courses for parents and staff on play and leisure for people with mental handicaps. The dates are 4, 5, 6 September at Harperbury Hospital, Radlett and 29,30 September, 1 October at the National Children's Bureau, London. Fees are £20.70 for 6 September (where there will also be a toymaking workshop and the toys can be taken home); £14.95 for each of the other dates. Further information from Mary Smalley, Save the Children Fund, 17 Grove Lane, London SE5 8RD. Tel: 01-703 5400.

ASBAH Day Conference. The Association for Spina Bifida and Hydrocephalus is holding a study day for professionals on 5 September at the University of Sheffield, Sorby Hall. It includes papers on problems in the newborn, treatment of hydrocephalus and the health and social needs of physically handicapped young adults. Fees are £28 for the day, £38 to include the evening sessions. Details from Mrs Susie Dobson, ASBAH, 22 Upper Woburn Place, London WC1H 0EP. Tel: 01-388 1382.

The Workability Day is an open day (free) for people with disabilities to come along and find out more about employment opportunities with Hackney Council. It is being held on 10 September from 12 noon to 8pm at the George Sylvester Sports Centre, Wilton Way, Hackney, London E8, (completely accessible). Refreshments will be available. More information from The Disability Unit, Room 58, Hackney Town Hall, Mare Street, Hackney, London E8. Tel: 01-986 3123 ext 268.

Disability - Living Outside of Hospital is a conference being held on 11 September at the City University in London to discuss how disabled people look after themselves in the community, whether the help available is adequate or correct or even offered. For further details contact Amanda Rigby, Dept D, Parkinson's Disease Society, 36 Portland Place, London W1N 3DG. Tel: 01-323 1174.

Sense Weekend Away. The National Deaf-Blind and Rubella Association is holding a weekend of workshops, talks and social events at the Sense in the Midlands Centre in Edgbaston, Birmingham from 19-21 September. For families, professionals and interested individuals. Details from Carmel Perry, Conference Organiser, Sense, 311 Grays Inn Road, London WC1X 8PT. Tel: 01-278 1005.

The Fifth Adidas/Mars Windsor Great Park Half Marathon takes place on Sunday 5 October to raise money for The Spastics Society. Entries are limited to 4000 so contact Alysia Hunt for an entry form soon! There is also a 2½ mile fun run for 8-16 year-olds. Volunteers are needed on the day to sell programmes, give out medals and man the drink stations. Contact Alysia Hunt, 5 The Acre (School House), Victoria Street, Windsor, Berks SL4 1ER. Tel: (0753) 857979.

Churchill Travelling Fellowships. Applications are invited for 1987. To be considered you must submit a project which fits one of 10 categories including rehabilitation engineering (prosthesis and appliances for disabled people), language teaching (including deaf and blind) and an open category. Fellowships do not cover attending courses or academic studies. Closing date for applications is 30 October. Further details from Winston Churchill Memorial

Trust, 15 Queen's Gate Terrace, London SW7 5BR. Tel: 01-584 9315.

Why worry? is a new 20-minute video produced by the National Rubella Council aimed at women of child-bearing age. It shows the importance of rubella (German Measles) immunisation. It costs £15 (including postage) or is available on loan from NRC, 105 Gower Street, London WC1E 6AH. Tel: 01-387 8033.

Announcements

Grants to Groups. The Prince of Wales' Advisory Group on Disability is seeking applications for grants of up to £200 using money raised by the *Sunday Times* Fun Run. Those most likely to benefit will be local groups including people with mobility/communication disabilities, those not receiving regular funding and those who encourage activities, particularly swimming. (Grants will not be given towards large capital projects such as buildings or minibuses). For an application form send an SAE to The Prince of Wales' Advisory Group on Disability, (Dept STFR), 8 Bedford Row, London WC1R 4BA. Tel: 01-430 0558.

Eye Care After Sixty and Making The Most Of Your Sight are two new, free, consumer leaflets from The Association of Optical Practitioners. Produced in large print, they answer many of the most common queries elderly people have about their eyes and list useful addresses and phone numbers. Send a large stamped addressed envelope to the Eye Care Information Bureau, 4 Ching Court, Shelton Street, London WC2H 9DG. Tel: 01-240 1250.



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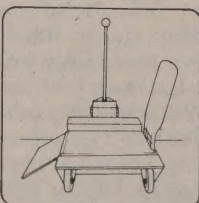
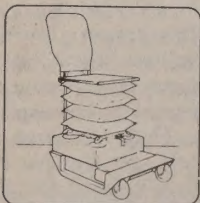
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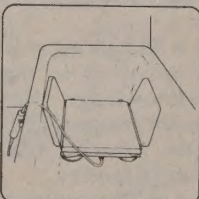
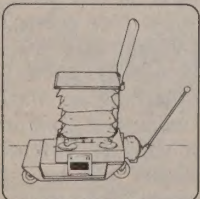
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Mangar Aids Ltd., Units 1 & 2, Presteigne Industrial Estate, Presteigne, Powys, Wales. Tel: (0544) 267674.

A new home and a new way of life for six women

A local group's determination to face the challenge of new ideas has led to six women with disabilities looking after their own home for the first time in their lives - and loving it.

The women, whose ages range from the 20s to retirement age, have moved from Bradford and District Spastics Society's Grove House residential home, into 2 bungalows in the community.

"We're finding it quite easy," says Teresa Course, one of the new occupants. "We've settled in, and are busy doing the washing, cooking and general clearing up."

20 years ago, the Bradford and District Spastics Society opened Grove House, a 6-bedded home for women with cerebral palsy. In 1985, changes in the residential homes legislation caused the Bradford group to rethink its assisting role and how it might

be extended beyond the women living at Grove House. The Spastics Society's regional manager

Ian Croft and social worker Avril Stewart helped form the new scheme.



Some of the residents standing outside a bungalow. From left to right: Janet Tarpey, Sandra Briggs, Teresa Course, Jean Shuttleworth. The new ramped entrance with handrails can be seen on the left.

LOCAL GROUP NEWS

Edited by Simon Crompton

"They're showing a real interest in running the houses, and are very houseproud," she says. They're beginning to make decisions - for instance they've decided to make a list when they go shopping so that they don't spend too much money."

Teresa Course is also pleased with the way things have turned out. "It's easier here than Grove House - there are no steps. I'm glad we moved. I like the area and the bungalow."

And there's no way she wants to go back to her old way of life. "I hope I'll be here for good," she says.

"We looked at Grove House and said 'In this day and age, none of the girls should be in residential care,'" says Avril Stewart. So the Bradford group found the bungalows in the community, and arranged social skills training for the six women to help them with the day to day tasks of living independently. They still receive daily visits to make sure they are coping.

The group liaised with the North British Housing Association, which adapted the homes for the disabled residents, with handrails and lowered units.

"The investment of time and energy far outweighed any previous conception of what such a radical re-think by the group would entail," says Avril Stewart.

But 3 months after the big move took place, group chairman Ruth Green is delighted with the way things have gone.

Tall oaks from little acorns grow!

The Southport and District Spastics Society has launched a £300,000 appeal for vital accommodation - with only £500 in the coffers.

The ambitious project, to buy a house and create a homely environment for severely handicapped people whilst giving them as much independence as possible, has been prompted by the lack of adequate facilities in the area.

"At present the outlook is bleak for local people suffering from cerebral palsy as the nearest establishments catering for severely handicapped people

are at Blackpool or Warrington," says Margaret Wright, general secretary of the group.

Founded 28 years ago, the Southport and District Spastics Society opened its Ellerslie Court Holiday Home in 1964 to give disabled people a change from their centres and institutions, but also to give a break to parents looking after their children at home.

With parents ageing and inevitably finding it increasingly difficult to cope, Margaret Wright believes it is imperative that there is somewhere local for disabled people to fall back on

and feel welcome.

"In our own experience at Ellerslie Court," she says, "we still find the occasional person living in a mental hospital or home for the elderly simply because there is just nowhere else for them to live. We would not like to see our local people faced with this situation."

The group is appealing to local organisations, clubs and residents to help raise money.

Several events are already in the pipeline, including a Family Fun Day, a garden party, a coast to coast walk and coffee mornings.

CLASSIFIED

For Sale

CARTERS ATTENDANT CONTROLLED WHEELCHAIR, with tools. £60. Tel: 01-274 2066.

MEYRA 3.402 ELECTRIC WHEELCHAIR complete with charger. In good condition and working order. £750 ono. Contact David Southard or Sylvia Chesterman. Tel: (0608) 2559

OUTDOOR POWER CHAIR. R or L hand control. All fully adjustable. As new, little used. Cost £1,700, will accept £900 ono for quick sale. Tel: 01-278 6783. (day) or 01-299 0886 (evening).

MEYRA POWER CHAIR. R or L hand control. Kerb climber, 2 new batteries. 4 years old, recently overhauled. Cost £2,850 new, asking £850. Mr Reeves, tel: 01-570 9902.

FORD ESCORT VAN 1.3. Mileage 1,700. High top with windows. Telescopic ramps. Wheelchair clamps. Full chair harness and track. £6,750 new in March '86. Bargain £4,000 ono. Mr Brown, tel: (07875) 2014.

GROUND FLOOR FLAT, 3 miles Manchester city centre. Ramped access, lounge/diner, kitchen, bath and 2 bed.

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DASHING DUDLEY POWER PLUS. Customised indoor/outdoor 16 in. wheelchair. As new. Complete with lights, horn, battery charger. Battery unused. Cost £1,685. Bargain £1,100. Tel: 01-609 6846.

ORTHO KINETIC TRAVEL CHAIR, plus accessories. £300 ono. Tel: (0978) 263899.

STANNAH GOLDEN RAIL STAIRLIFT. 6 months old. Complete including track. Must be removed by purchaser. Any reasonable offer considered. O'Brien, 41 Colesmead Road, Redhill, Surrey. Tel: (0737) 61843 (evenings).

Accommodation Wanted

SWISS TEACHER of cp young adults, visiting England this autumn, seeks accommodation in an English home from 4-20 October. Please contact Guido Bentz, Residence Cote 10, 1110 Morges, Switzerland.

Find-a-Friend

PENFRIENDS ANYWHERE IN THE UK wanted by 23-year-old woman. Interests are pop and classical music, the countryside and meeting people. Write to Angela Wales, Princess Marina Centre, Chalfont Road, Seer Green, Beaconsfield HP9 2QR.

SOUTH AFRICAN GIRL, 16 years old, would like to correspond with a British disabled student. Hobbies include reading, writing and collecting pictures of Princess Diana. Write to Rowena Derby, 2 Bolton Road, Glemoor, Athlone, Cape Town 7764, S Africa.

Services Wanted

CAN ANYBODY OR ANY COMPANY supply and fit a half-a-tiller bar on the automatic transmission of a Mini? Contact Michael Richardson, 67 St Ives Road, Wigston Magna, Leicester LE8 2JB. Tel: (0533) 810303.

Wanted

CHAIRLIFT REQUIRED. Contact Mrs Dane. Tel: (022 14) 2025 (Trowbridge, Wilts).

PRIVATE AMBULANCE. Talbot High Top, X reg, only 11,000 miles. Large side windows, tinted glass. Professional conversion. Wheelchair floor clamps, safety straps, hydraulic raise and lower. One year MOT. Cost £6,450, accept £3,750. Tel: (0935) 21132 (Yeovil).

CLASSIFIED RATES: £1.50 per line, with a minimum charge of £6. Advertisers are invoiced after the advertisement appears. Find-a-Friend column is free. (NB All ads are free for members of The Spastics Society or a TSS-affiliated local group.)



Full steam ahead to the seaside! 13-year-old Peter Frake was one of the 22 children from Dorset Spastics Society's Langside School who caught the train for a week's holiday down at the Churchtown Farm Field Studies Centre in Cornwall. For many this was the first time they had travelled by train (no one had to travel in the guards van!). It cost £5,000 to take the whole school on holiday, but the Children in Need appeal has helped cover the cost.

MICROJOB LTD

MICROJOB is an exciting new project to help people with disabilities train for and find jobs in information technology. It is being set up by the London Boroughs of Camden, Islington and Southwark, with the City University and is starting to recruit high calibre staff with a strong commitment to the training and employment needs of people with disabilities.

Manager

£13,167 to £14,202 OR £14,202 to £15,342 inc. (P02 or P03 equivalent)

The postholder will be responsible for the day to day management of project and will be actively involved in its setting up.

Candidates should have experience of the varied vocational needs of people with disabilities: of co-ordinating the work of different agencies and of the use of computers in a work environment. S/he will be able to cope with the policy and operational needs of an innovative project and will supervise 5 staff.

Administrative Secretary

£9,237 to £10,014 inc. (Scale 5 equivalent)

The postholder will provide a comprehensive administrative and secretarial service to the company, including book-keeping, account preparation and will help produce reports. Candidates should demonstrate relevant office experience, a typing speed of 40 w.p.m., some experience of the use of computers in a work environment and should be used to working with the public.

Both posts are offered for one year only in the first instance but this may be extended. Microjob welcomes applications from candidates regardless of sex, race, ethnic origin, sexual orientation and will particularly welcome applications from persons with first hand experience of disability.

Application forms and further details of the posts can be obtained from W. O'Brien, 42 Braganza Street, London SE1. Tel: 01-582 8555 and should be returned by 18th August 1986.

DISABLED TO WORK?

Then come and find out what Hackney Council has to offer you, at the

WORKABILITY DAY

at the

George Sylvester Sports Centre

Wilton Way, Hackney, London E8

on September 10th from

noon until 8pm

For further details telephone:

The Disabled People's Office

01-986 3123 ext. 268



HACKNEY COUNCIL
Working for local people

Underground technology: just the ticket?

London Underground users are to get a more automated ticketing system by the end of 1988. Work has already begun on modifying some of the stations.

Booking clerks will not disappear but most stations will have passenger-operated ticket machines capable of issuing up to 10 different tickets, and change, when you insert your money and press a button. They are designed to speed along passengers who know their journey and the fare.

There will also be new multi-fare machines issuing day tickets. Passengers will read a fares list and then select a ticket (single, return day, travelcard, child, etc), the destination and zone, by pressing appropriate buttons. The machine will display the fare and the passenger pays by inserting notes or coins.

The ticket machines are to be located in more spacious booking halls where ticket offices for staff will be more secure.

The scheme also includes automated ticket checks at the entry and exit of busy central London stations.

London Regional Transport's Unit for Disabled Passengers showed a mock-up of the system last month and Marianne West, a regular underground user, went along.

She writes: "I can see that the Underground Ticketing System (UTS) could release underground staff who will be trained to help passengers, particularly disabled people, but I am not so happy about the ticket machines. With my clumsy hand movements, how shall I be able to operate them fast enough in the rush hour?"

"Also, while modifications are made to booking halls (probably in the winter months) chaos will reign. My advice would be to find out when this is going to happen and if possible, stay away!"

"The Disabled Passengers' Unit is doing a good job monitoring LRT Board policies to see that the needs of disabled people are not forgotten. Stations which are being modernised will get larger diameter handrails on the stairs (hooray!), clearer signing, improved lighting and more seats on the platform, some of them with handrails. Induction loops are already in place in some stations and a staff training programme is going on."

Artability is off!

Continued from page 1

by the death of one of their members. "It seems that all the planning for the conference had been done even before the first planning group meeting in December," he said.

"It seemed to be aimed at the big wigs in the arts," said Bernard Leach. "We were worried that in the Palace Theatre there were going to be disabled artists performing to an able-bodied audience. Then there were going to be staged interruptions in the middle of performances, pointing out that the venue was inaccessible. That seemed like madness to us."

He was clearly surprised at the Carnegie Council's determination to persuade them to withdraw their opposition, and the subsequent cancellation.

"When you get down to it, the only certain thing we'd have done was to leaflet the inaccessible



Fergie names Nelson. Three weeks before she became the Duchess of York, Sarah Ferguson accompanied Prince Andrew to Southampton, named the Jubilee Sailing Trust's 3-masted barque The Lord Nelson, and met some of the thousand guests. The ship has been specially designed to be crewed by physically disabled people in company with able-bodied people, and includes lifts and tracking for wheelchairs on the deck. Prince Andrew is patron of the trust.

Lambeth forced to change jobs policy on disability

A London council has had to modify its controversial policy of employing only people with disabilities because a lack of suitable applicants is causing disruption to council services.

From May this year Lambeth Council has made advertised posts open to registered disabled people only, in an attempt to abide by the letter of the Disabled Persons (Employment) Act. This states that 3 per cent of the workforce of any organisation employing more than 20 people must be registered disabled. Most employers apply for easily obtained exemption certificates, but Lambeth declared an intention to take its equal opportunities policy seriously.

Its share of registered disabled employees, which stood at 9 per cent in August 1985, is now 2 per cent.

But few disabled people have come forward and the council's 11 directorates are now complaining of alarmingly high vacancy levels - 60 per cent in some sections.

In Social Services there is a threat that the places available in residential establishments will have to be reduced.

"Substantial" vacancies in social work services, especially in hospitals, are causing delays, the directorate reports. "There is an inability to meet key statutory child abuse and other obligations," it says.

In an attempt to reverse the trend, Lambeth decided at a

meeting on 28 July to grant directorates partial exemption to the Council's quota policy if they are unable to fill posts with disabled people and the vacancy is causing disruption. A Disabled Persons Quota Monitoring Sub-Committee will be set up to evaluate applications for exemption.

Lambeth has also decided to allocate an extra £26,000 to encourage the recruitment of people with disabilities, through publicity, open days and outreach work.

Joshua Anim, chair of the Lambeth Board for the Employment of Disabled People, stresses that the high level of vacancies at Lambeth is not solely due to its policy on employing disabled people.

"I admit that certain posts haven't been filled due to the inefficient machinery of social services recruitment - and not this policy," he says. Applicants for jobs must wait 3 months before they hear if they have been shortlisted.

But according to the Management Services Sub-Committee previous discrimination has meant that registered disabled people do not have sufficient qualifications and experience.

Disability Now

Published by The Spastics Society, 12 Park Crescent, London W1N 4EQ. Tel: 01-636 5020.

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Advertising Don E. Neal, Kingslea Press Ltd., Central Buildings, 24 Southwark Street, London SE1 1TY. Tel: 01-403 3115.

Typesetting by Foremost Typesetting Ltd., 182 Union Street, London SE1.

Printed by Senews, Hastings and 108 Temple Chambers, Temple Avenue, London EC4. Tel: 01-583 3190.

The views expressed in *Disability Now* are not necessarily those of The Spastics Society.

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ABC

Doctors should press for disability services, says report

Since rehabilitation is part of patient care, doctors should be playing a leading part in developing medical disability services for all physically disabled people. They should also be setting professional standards of care that can be used to monitor the efficiency of the services.

This is the view of the Disability committee of the Royal College of Physicians which last month produced a report setting out a plan for the management of physical disability.

"We want to set standards which can be used by community health councils and charities as ammunition in tackling their local health authorities", said Dr Richard Langton Hewer, honorary secretary of the committee.

A typical health district is likely to have 25,000 disabled people, 6,250 of them severely disabled, and nearly 2,000 people in wheelchairs, says the report.

It criticises the services provided for them as "patchy... with some areas very badly served."

Widespread lack of co-ordination between services leads to fragmented help and advice, delays, duplication of services and disabled people shunted from one service to another. Lack of information hampers people from making choices that can affect their independence.

The report calls for

- A disability unit in every health region incorporating the functions of an artificial limb and aids centre (as recommended in the recent ALACs Review) with 2 full-time consultants in disability medicine responsible for research and training.

- District health authorities to produce an annual booklet with up-to-date information about facilities for physically disabled people. They should also provide specific services - the report lists 15, with minimum standards of care - including the physically disabled school leaver, support services for younger

severely disabled and handicapped people, sexual counselling, communication aids, wheelchairs, urinary continence service and pressure sores.

- Necessary training to produce 30-35 full time consultants in disability medicine within 5 years.

- The management of disability to be part of all undergraduate and postgraduate training.

- More research, particularly in neurological disability.

- Regional and district disability committees to plan and report on disability services

- A major review of disability services in 5 years' time when the report's recommendations should have been implemented.

None of these recommendations have been costed. The Committee argues that money can be saved by emphasising prevention. "Physical disability should be recognised by the DHSS as an area for top priority funding", says the report.

Reactions to the report have been mixed.

"While we welcome a report on services for physically disabled people, we question the emphasis put on the medical model of care," said John Cox, director of The Spastics Society. "As more disabled people move into the community, responsibility must rest increasingly on local authorities."

He was disappointed that the Committee had taken no evidence from outside bodies.

The report and its recommendations were welcomed by Mrs Wyn Pockett, chair of the Association of Community Health Councils. "We are aware of the patchy services and the low priority given by health authorities to the needs of physically disabled people, especially younger people over 16," she said. The lack of information was, she thought, "quite disgraceful".

"It is not necessarily going to cost more for the right kind of service," she said.



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